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"A small light is lit inside us - a new dimension is accessible to our awareness - and, through meditation, we can grow without having to undergo any hardship, by living a normal family life within society. It is in the light of this new awareness that we become our own master, our own guide'.

The electronic magazine **Blossom Times** is being published to bring a new awareness about the unique discovery of '**Sahaja Yoga Meditation**' to the truth seekers world wide. This bi-monthly magazine will also publish many stories related to the spiritual transformation which is happening world wide, and which is bringing a new dimension into human awareness, through this unique meditation technique.

To quote **H.H.Shri Mataji Nirmala Devi**, the renowned spiritual scientist and founder of Sahaja Yoga meditation technique; 'Self Realization' through Sahaja Yoga Meditation is the last step in the spiritual evolution of mankind. After Self-Realisation, we can feel a gentle, cool breeze coming from the top of our head through the fontanelle area, and also in our hands, thanks to the connection with the central nervous system. We can identify blockages in our energy centres (chakras), and we become capable of cleaning these centres with the help of our subtle energy, the Kundalini.

**Sahaja Yoga** is different from other yogas because it starts with Self Realisation, instead of that being a distant and inaccessible dream. In these modern times, which H.H. Shri Mataji Nirmala Devi calls 'The Blossom Time', She has given us a method by which this experience of Self Realisation manifests spontaneously. The word Sahaja means 'born with us' implying that it is achieved without any effort.

'We enter into a state of collective consciousness. That means that we can feel the energy centres of other people and purify them too. The fact that we are one cell integrated in the whole becomes a tangible reality in our everyday life. To become one with the pure spirit within us is the ultimate goal of human life. That goal has been described in different ways, but it remains the essence of all the religions and all the spiritual traditions in the world. Self-Realisation is the first stage. Once this connection is established, it needs to be nurtured by our attention. Regular meditation allows us to become aware of our true identity."

### **H.H. Shri Mataji Nirmala Devi**

We welcome all the readers with great warmth, to learn more about Sahaja Yoga Meditation please visit : [www.sahajayoga.org](http://www.sahajayoga.org)

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## **Meditation Benefits**

Sahaja Yoga has a beneficial impact on every aspect of a person's life - our mental, physical, material, emotional and spiritual life. By bringing about an inner transformation, the benefits of Sahaja Yoga accrue not only to the individual but also to the society, the nation and ultimately the whole of humanity. Sahaja Yoga brings about integration of all the major religions of the world.

### **A. Physical benefits:**

It is our subtle system which co-ordinates all the work done by the organs and the cells in our body. When one of our subtle centres is blocked, physical dysfunctions appear in the organs it controls. It is then that illnesses appear. Traditional medicine tries to cure the symptoms. Sahaj meditation allows us to directly address the causes, by rebalancing our subtle system and by cleaning our centres. Thus, even so-called incurable illnesses can be cured in a spontaneous manner by the purifying energy of the Kundalini.

### **B. Mental benefits:**

When we enter a state of meditation, we enter a realm of silence; the thoughts which assail us fade away, and the reality of the present is revealed to us in all its intensity. Our senses send us a direct image of the world which is not altered by our mind or our conditionings. The mind even becomes the enlightened servant of our illuminated spirit.

### **C. Emotional benefits:**

When the Kundalini is awakened and we are immersed in a state of meditation, our emotions are also brought into balance. All the weaknesses which hinder the expression of pure and sincere sentiments, such as greed, insecurity, jealousy etc. are reduced when the joy of meditation is felt. This joy is absolute, devoid of all duality. This same joy becomes the motivation of our emancipation.

### **D. Spiritual benefits:**

Last but not the least, Sahaj meditation reveals to us the eternal, divine being that is truth, awareness and bliss. We become part and parcel of the whole, like a drop in that ocean of love, and in meditation we melt into that primordial being. This experience is the next stage in the evolution of a human being's awareness: that person is said to be born again or realized. This means that our spiritual essence, that was previously hidden, becomes reality. We can now set about purifying our inner being, with the help of the self-knowledge that Shri Mataji gives us and the relationship we establish with Her in our meditation. Our union with the Divine will become stronger and stronger as we go along and is without doubt the most precious benefit that Kundalini awakening can bring us. This middle way that is established within us day after day by our Kundalini will shower numerous blessings upon us, not only of a physical, emotional or psychological nature, but also material, social and professional benefits.

From the very beginning, the vibrations help us to decipher and decode messages from the collective unconscious informing us of problems affecting the different chakras. Thanks to our own enlightened attention and the observation of our inner being during meditation, we can know the vibratory state of our own or anyone else's subtle system.

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## About Shri Mataji

### Birth and Childhood



Shri Mataji Nirjala Devi was born on March 21, 1923 to a Christian family in Chhindawara, India. Her parents were Prasad and Cornelia Salve, direct descendants of the royal Shalivahana dynasty. Seeing the beauty of this child who was born with a spotless brilliance, they called her Nirjala, which means 'Immaculate'.

Later on she came to be known by the multitudes by the name of Shri Mataji Nirjala Devi - the revered Mother who was born with her complete Self Realization and knew from a very young age that she had a unique gift which had to be made available to all mankind.

Her parents played a key role in India's Liberation Movement from under British rule. Her father, a close associate of Mahatma Gandhi, was a member of the Constituent Assembly of India and helped write free India's first constitution. He was a renowned scholar, master of 14 languages, and translated the Koran in Marathi. Her mother was the first woman in India to receive an Honours Degree in Mathematics.

### Fighting for India's Freedom



As a child, Shri Mataji lived with her parents in the ashram of Mahatma Gandhi. Gandhi saw the wisdom of this child and appreciated her immensely, affectionately calling her Nepali due to her Nepali facial features. Even at a young age, her deep understanding was evident to Gandhi, who frequently sought her advice on spiritual matters.

Shri Mataji's involvement in the freedom struggle is extremely remarkable. She was very courageous and played a daring role as a youth leader of this campaign. In the 1942 "Quit India Movement" announced by Gandhi, she was even arrested and put in jail along with other freedom fighters for actively participating in this movement.

Shri Mataji was born with a complete understanding of the human nervous system. In order to become acquainted with the scientific vocabulary attached to these subjects, she studied medicine and psychology at the Christian Medical College in Lahore.

### Sahaja Yoga is born

Shortly before India achieved independence Shri Mataji married Sir. C.P. Srivastava, one of India's most dedicated civil servants, who was knighted by the Queen of England. In India it is believed that the wife brings luck to her husband - this is most certainly the case for Sir. C.P. Srivastava.

He rose up through the government ranks very quickly, and was an absolutely honest person. He held the post of the Joint Secretary to the Prime Minister's office of the late Shri Lal Bahadur Shastri in the years 1964-66. Shastri was the ideal model for an Indian Prime Minister. After successfully carrying out his important work as one of Shastri's secretaries, Sir CP Srivastava was elected for sixteen consecutive years as the Secretary General of the United Nations International Maritime Organization.

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Sir C.P. Srivastava is renowned for his important part in shaping Indian history, and he then moved to the world stage of the United Nations, Shri Mataji, after fulfilling her familial duty of bringing up her two daughters, embarked on her spiritual mission.

As she was pondering the many problems confronting human beings, on the 5th of May, 1970, on a lonely beach at Nargol, about 150 km north of Mumbai, a divine spiritual experience filled her whole being and suddenly she found an answer to her question. She discovered a historical process of en-masse Self Realisation through which thousands of people could get this connection to their Spirit and thereby their inner transformation.

**Sahaja (=Spontaneous) Yoga (=Union with the Self) was born.**

### **Spreading of Sahaja Yoga around the world**



Shri Mataji made this experiment of awakening the spiritual power dormant within every human being and was amazed at the results. The Hindus call this Kundalini, for the Muslims it is Ruh, and in the bible it is described as the Holy Ghost.

Initially She awakened this loving, motherly energy within people near to her, and noticed they were transformed physically, mentally and spiritually. Slowly she discovered that this process had the potential solution for all human problems and therefore she decided to spread it on an en-masse level. She invested her own time and money to talk to people and give them the key to their own spiritual power. Those few people who started feeling this spiritual power, which flowed like a cool breeze over their whole body, especially over the palms of their hands and on top of their head above the fontanel bone area, were quite astonished that it worked. They had to believe their own experience. Shri Mataji showed them how to give this power to others, which gave them complete faith that this was the true spiritual experience that was prophesied in every religion.

Shri Mataji neither charges for Her lectures nor for Her ability to give Self Realisation, nor does one have to become a member of this organisation. She insists that you cannot pay for your enlightenment and denounces the false, self-proclaimed "gurus" who are more interested in the seekers' purses than their spiritual ascent.

Since 1970, Shri Mataji Nirmala Devi has kept a busy schedule, travelling around the world to teach the techniques of Sahaja Yoga meditation. She has demonstrated her capacity to awaken the spiritual power in human beings (Kundalini) at an "en masse" level.

Large numbers of people, without distinction of race, religion, age or social status have acknowledged the value of her teachings by establishing Sahaja Yoga centres in over 75 nations. These people live normal family lives, tap their inner spiritual power through daily Sahaja Yoga meditation and have achieved complete balance on the physical, emotional, mental and spiritual levels. They understand the integration of all religions and spiritual paths not at a mental level, but through their direct, tangible experience on the central nervous system. Thousands of years ago, The Blossom Time was prophesied when, in these modern times of crisis, thousands of seekers of Truth would nevertheless experience this connection with their Spirit.

### **International achievements and recognition**

As an official guest in the former Soviet Union, she enabled over 100,000 people to experience their Self-Realization there. She regularly speaks to audiences of 10,000 to 20,000 in the former Eastern bloc nations and year after year has filled the Royal Albert Hall in London for her conference on Sahaja Yoga.

Shri Mataji has delivered thousands of lectures, given many television and radio interviews, and been the subject of hundreds of newspaper articles around the world. An articulate speaker, Shri Mataji is the founder of Sahaja Yoga or "Vishwa Nirmala Dharma", which is an established non-profit organization in many countries worldwide.

Shri Mataji has been recognized throughout the world by prestigious institutions for her selfless work, and for the powerful results of her spiritual teachings.

She was declared "Personality of the Year" in 1986 by the Italian government.

In 1994, the Mayor of Brazil's capital welcomed Shri Mataji at the airport, presenting her with the key to the city, and sponsored all of her programs. In 1995, the Indian Government granted Shri Mataji a one hour primetime television series, broadcast nationally. During the same year, Shri Mataji was an official guest of the Chinese government and was invited to speak at the International Women's Conference in Beijing. Also in 1995, she was awarded by the Romanian Ecological University an Honorary Doctorate in Cognitive and Para psychological Sciences.

She has been recognized and greeted by the mayors of several cities and areas of North America, Yonkers, NY, 1994 and 1996, Los Angeles, 1993 and 1994, British Columbia, 1994, Cincinnati.

### **NGOs created by Shri Mataji Nirmala Devi**

In her tremendous compassion and concern to alleviate human sufferings, Shri Mataji has been able to create a number of NGOs (Non Governmental Organisations) to solve the most immediate problems of the world in the last 25 years. To mention a few:

1. An international hospital in Mumbai to help patients all over the world to get a chance to cure themselves through Sahaja Yoga methods. This hospital has been producing quite successful results in curing a number of incurable diseases like cancer, epilepsy, multiple sclerosis etc.
2. An international cancer research centre in Mumbai in order to study the effects of Sahaja Yoga methods on curing various illnesses, including psychosomatic diseases.
3. An international music school in Nagpur to promote classical music.
4. A charity house for the poor people in Delhi, to provide shelter to destitute and homeless people. Also to help them through the process of Sahaja Yoga to become better individuals.

### **Conclusion**

Shri Mataji Nirmala Devi has dedicated her life to triggering the spiritual ascent of mankind through Self Realization, reclaiming the role of women in spiritual evolution, and guiding humanity to correct today's moral dilemmas. It seems that the light of Gandhi's vision is being brought to fulfillment by this great lady who is revered as the compassionate Divine Mother by her followers, as the "Messenger of peace" by Ayatollah Rouhani, an Avatar of the modern era by Claes Nobel, grandnephew of Albert Nobel, the creator of the Nobel foundation and Chairman of United Earth.





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### [The disease of corruption can be rooted out of India : Sir C.P. Srivastava](#)

By Priyanka Joshi - Aug 11, Los Angeles

Sir C.P. Srivastava, KCMG, Secretary-General Emeritus, of the International Maritime Organization, United Nations, and recipient of the Lal Bahadur Shastri National Award for Excellence in Public Administration, Academics and Management, from the Government of India, in October 2005, sits down at his LA home for a chat filled with his characteristic simplicity and sincerity.

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### [A tribute to great personalities of our times : A special report](#)

Aug 15, New Delhi, India

The 20th century bequeathed us many great personalities who not only struggled for India's freedom but also for the emancipation and upliftment of humanity at large. These selfless efforts of realized souls who tried to raise social consciousness to a higher realm have been India's contribution to the world

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### [An interview with Gisela Matzer, Executive Director, Vishwa Nirmala Prem Ashram](#)

July 18, Noida, India

In an interview with Blossom Times correspondent Shridevi Angurala, Gisela Matzer( Executive Director, NGO, Vishwa Nirmala prem Ashram, Noida) shares her experience of living and working with orphan children. Her talk unveils the great vision of H.H. Shri Mataji Nirmala Devi for the rehabilitation of destitute women

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By Priyanka Joshi - Aug 11, Los Angeles

## "The disease of corruption can be rooted out of India" : Sir C.P. Srivastava

Sir C.P. Srivastava, KCMG, Secretary-General Emeritus, of the International Maritime Organization, United Nations, and recipient of the Lal Bahadur Shastri National Award for Excellence in Public Administration, Academics and Management, from the Government of India, in October 2005, sits down at his LA home for a chat filled with his characteristic simplicity and sincerity. He talks with Priyanka Joshi on how life has changed from being a Government official during the Raj, to being knighted by the Queen of England, to being accoladed by high awards from countries ranging from Brazil to Sweden and everything in between.

Priyanka Joshi: Congratulations Sir, on the National award. Has this award changed anything for you?

Sir C.P.: Thank you. I am humbled by this award. I have a lot of pride in India. What other country in this world has the top 3 people in the country, President, Prime Minister and Leader of the ruling party, all from minority communities and diverse religions? I am so thankful to have this award and I have been even more fortunate to have worked with Shastriji.

Priyanka Joshi: You knew Shastriji like few people did. Tell us about your interaction with him.

Sir C.P.: My first meeting with this great soul was in 1950 in Lucknow, when I was a City Magistrate and he was the Home Minister under Pandit Pant. I was visiting him for the first time and I arrived to see him ready to leave for another appointment. He was a very simple man, full of gravity. He got out of his house, walked to me, wished me a 'namaste' and I felt dumbfounded, as how could this high profile politician be so accessible to a young civil servant like me. He enjoyed our chat and told me we'd meet again. The next meeting was a year later, at the New Delhi train station where he was arriving from Lucknow and I had gone to pick up my wife and kids, who were arriving from Nagpur. I was waiting for his entourage to pass when he spotted me, walked to me and said "Namaste Srivastavaji. Maybe you don't remember but we met last year, I am Lal Bahadur". I felt extremely embarrassed and said "Who does not know you Shastriji, how did you remember me?" That was a defining moment in my appraisal of Shastriji. I was embarrassed and yet, became determined to work and learn from him in my professional career. This incident cascaded into a long interaction with him, where I was his joint secretary and personal aide from 1964-66, when he was Prime Minister and I was with him till his last day in Tashkent. His humility, his integrity, his anguished concern for the poor and his decisiveness in administration - all these influenced me greatly.

Priyanka Joshi: Sir C.P., you became an IAS officer soon after India became independent, when idealistic fervor was at it's highest. Tell us about life at the time.

Sir C.P.: Yes, it was a very interesting time. India was changing and India's administration was changing too, rapidly and flamboyantly. My greatest challenge at the time, was to discover how to

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best serve the people of India. "Service before self" was drilled in us from the time we were children. Also, Mahatma Gandhi was a larger than life example of this adage which we were profoundly privileged to follow.

Priyanka Joshi : What were some challenges that you had to overcome in the beginning of your long and illustrious service to the Government of India?

Sir C.P. : My biggest challenge was - and remains- how to empower a person sitting in Patna or Lucknow to achieve his/her full potential as a human being. The duty of an administrator is to watch for the good of the people. In the 1950s, I did not know even a single IAS officer who was corrupt. I myself earned Rs.800/month and my wife had only two sarees for a long time. She never complained and managed our family very well. But nowadays, corruption is seen as a hallmark of leadership. It's brazen and is so rampant, that it pains me to see that. However, I am optimistic and have made some suggestions for combating corruption , in my book "Corruption-India's Enemy Within". My wife Nirmala also has been a force in shaping my thinking. I used to work very long hours but she never complained. She said ' it's your time to serve your country, do your job well! '. She also influenced my decision to leave the IFS for the IAS, in 1949, as she said it's time to serve India, in India. Lately, the relationship between India and USA- the world's largest democracy and the world's strongest democracy-has evolved well and both countries should work towards empowering their citizens. The return to 'dharmic' (righteous) behavior should be the next step after achieving economic freedom. I am a great admirer of the people and Government of the United States of America. U.S.A. provides an admirable model where people of different faiths and different origins are living together happily.

Priyanka Joshi : Tell us about your ideas on rooting corruption from India.

Sir C.P. : The disease of corruption can surely be rooted out of India. Kautilya's Arthashastra has some very poignant views on the topic. He says it's unwise to deny that the temptation to line their coffers exists among people in authority, such as ministers and administrators. However, paying them well enough to maintain a good standard of living is a practical first step that can curb corruption. The second thing is to make sure that people in authority can be trusted to be absolutely honest. People today, have large economic aspirations but they have to remember to desire them within their proper means. William Gladstone in the UK single handedly eradicated corruption in the 19th century. If we can have trustworthy leaders, we can have a trusting society. I am very happy that recently the Government has decided to increase the emoluments of the Members of Parliament and Ministers. It is in the interest of the nation to pay these dignitaries well. This is the time to formulate, adopt and implement strict Rules of Conduct for ensuring total integrity. In my book, I have suggested the convening of a National Convention of Ethics to which about 500 leading personalities from amongst politicians of all parties, businessmen, editors of newspapers, lawyers and social reformers should be invited. They should formulate strict Codes of conduct for all those who wield power. They should also decide to enforce them strictly, impartially and expeditiously. This is the only way to ensure corruption free administration which is the most important and basic right of all the people of the country. Now is the time to do this. Our top leaders today are totally honest. They provide a great example. If they act now, convene a National Convention on Ethics, formulate Codes of Conduct and implement them firmly in all cases, we may yet see the end of today's corruption ridden administration and the dawn of a new era of integrity in the public life and in the executive, police and judicial administration.

Priyanka Joshi : Sir C.P., you are so highly decorated but yet, so very easy to talk to. You have a palpable sincerity that people of my generation do not find in people anymore. How have you not become an aggressive intellectual or a jaded and cynical man?

Sir C.P. : My life has been greatly influenced by my wife, now known globally as Mataji Nirmala Devi, the founder of Sahaja yoga. Her vision of one Almighty God and one human family has motivated me in all aspects of my life. I have also been very fortunate to meet some highly evolved spiritual people in my official career. Even in the International Maritime Organization, United Nations, where I was elected Secretary-General unanimously for 16 consecutive years, I never asked for a vote just for the sake of voting. All the mandates and decisions were 100% unanimous. This was quite a feat, considering historical adversaries such as Israel, Iran, Iraq, Syria, China, India etc all were members of the IMO and they all agreed unanimously to support the measures proposed by me for assistance to all developing countries around the world. We called this the 'Spirit of IMO'. So, if a UN organization can do this for 16 long years, I am sure this can be done world wide as well. I also practice Sahaja Yoga meditation that my wife Nirmala founded. This is a meditation which changes people from the core. It helps them become more balanced and strong. It's always taught free of cost all over the world as we believe that spirituality cannot be paid for in money. We are building a drug rehab in USA currently and if I were to take a guess, my enthusiasm for a better world is a 100% thanks to Sahaja Yoga.



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# BLOSSOM TIMES



A special report - Aug 15, New Delhi, India

## TRIBUTE TO GREAT PERSONALITIES OF OUR TIMES

The 20<sup>th</sup> century bequeathed us many great personalities who not only struggled for India's freedom but also for the emancipation and upliftment of humanity at large. These selfless efforts of realized souls who tried to raise social consciousness to a higher realm have been India's contribution to the world. Mahatma Gandhi, Rabindra Nath Tagore, C.V Raman, to name a few were Indians to the core but the fruits of their struggles in their respective fields whether spiritual, political, literature or science benefited the entire world.

One such personality of our times is H.H Shri Mataji Nirmala Devi who not only took active part in our freedom movement but for the last 37 years has also ceaselessly been struggling to transform humans from within in a unique and revolutionary way. Her life is an exemplary role model for the youth of today.

**The Early years: Birth and Childhood:** Shri Mataji Nirmala Devi was born in Chhindwara, in Madhya Pradesh on 21<sup>st</sup> March, 1923 and later had to move Nagpur with her father, as he was a leading lawyer of his times, who in response to Gandhiji's personal instructions to him began pleading the cases for the freedom fighters in Nagpur.

**The Freedom Movement:** As her parents would shuttle in and out of prison the family had to bear many hardships. She recalls that "...my father (Mr. P.K Salve) used to live in a very westernized style. Yet he threw away everything and became a true Indian. My parents started wearing khadi and did so until their death. Father made us study Sanskrit language and shifted us into a local Indian School from the missionary school. At the age of seven I went with my father to Mahatma Gandhiji who was living seventy miles away. But from the very first time Gandhiji liked me very much and said "Leave this child here". He was very fond of me and called me "Nepali". I used to go back to attend my school but with slightest opportunity used to come again back to Gandhiji. Ashram life was very disciplined."

Later during the "Quit India" movement as a young girl of nineteen Nirmala Devi took part in India's freedom movement. Once she picked fearlessly with the tricolour flag and stood alone facing the bayonets and rifles of the police squad. This episode took place in the precincts of the St. Ursula School in Nagpur. Because of her anti-British activities she was also rusticated from the science college of Nagpur. Later she got enrolled to study medical sciences in the Lahore Medical but had to leave her studies midway as the riots broke out in 1947 and the college closed down.

**Marriage and Family Life:** On 7<sup>th</sup> April, 1947 she got married to Mr. Chandrika Prasad Srivastava who later became the secretary to the Prime Minister Shri Lal Bahadur Shastri, Chairman of the shipping Corporation of India and retired as Secretary General of the United Nation's , International Maritime Organization. A luminary in his own right, Mr. CP Srivastava has been awarded a number of national and international honors for his extraordinary contribution. He

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is perhaps one of India's most distinguished and internationally recognized Civil Servants. In the year 1972, President of India honored him with "Padma Bhushan" and the prestigious "Lal Bahadur Shastri Award" for excellence in public service was awarded to him by the president of India in 2006. Shri Mataji Nirmala Devi spent her next few years as a devoted housewife looking after every need of her family. She has two daughters and is a loving and devoted great grandmother. Yet she also associated herself with the establishing of a leper's home in Meerut, and in organizing welfare activities for the blind and handicapped in Mumbai(then Bombay).

**Spiritual Movement:** The launch of Sahaja Yoga: En Masse Realization: In May, 1970, Shri Mataji Nirmala Devi unfolded the ultimate spiritual experience- the awakening of Kundalini the sacred power described in scriptures of all religions. By her phenomenal spiritual powers She launched the massive movement "Sahaja Yoga" to grant enmasse self-realization to transform humans from within by the awakening of this dormant energy. Millions have received immense benefit of this transformation through Sahaja Yoga and it has established its centers in more than 80 countries across the continents. Overseas brothers and sisters, irrespective of their caste, creed and religion, have joined in this great movement of attaining spirituality through Sahaja Yoga. They have adapted and also imbibed true Indian spirit and Culture and join Indians in singing Indian National Anthem and "Vande Mataram" at many Sahaja Yoga Programmes. Through Sahaja Yoga, Shri Mataji Nirmala Devi has tirelessly propagated the idea of the whole world as United Single Family, worshipping single God Almighty. She has thus tried to integrate all the religions in this era of divisiveness.

**Social Commitment:** Shri Mataji has established various institutions with profound sense of dedication towards the upliftment of the downtrodden. To the social cause she has established: (1) A shelter home for destitute women and orphan girl children. (2) A school to inculcate Indian values and culture from childhood. (3) A Health and Research center in Navi Mumbai to provide holistic benefits and curative effects of Sahaja Yoga for various ailments. (4) A music academy- P.K Salve Kala Pratisthan at Vaitarna for spreading the essence of Indian music, culture and its rich heritage.

Today even at the age of 84, Shri Mataji Nirmala Devi works actively for propagating Sahaja Yoga. She has taught her disciples not only to respect their own countries but also to respect the flags of all nations, as per her flag of the nation is of highest order of pride for its citizens. Most of the Sahaja Yoga programmes in India conclude with the collective singing of "Vande Mataram". To her, Patriotism is just not an outward show but a living emotion that should emanate from within every heart.



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# BLOSSOM TIMES



## An interview with Gisela Matzer-July 18, India

An interview with Gisela Matzer, Executive Director, Vishwa Nirmala Prem Ashram( NGO), Home for Destitute Women and Orphan Children in Greater Noida, India.

In an interview with Blossom Times correspondent Shridevi Angurala, Gisela Matzer shares her experience of living and working with orphan children. Her talk unveils the great vision of H.H. Shri Mataji Nirmala Devi for the rehabilitation of destitute women and orphan children in India and elsewhere in the world.

Q1: Ms. Gisela tell us something about yourself and where you are from?

A. I am from Austria originally. I was living there with my family when I came to Sahaja Yoga. I have 3 children and 7 grand children. Also, I have been an actor and a director (assistant) for most of my working career. But I had some very harsh experiences in life that made me seek spirituality, and I started looking for something stronger than the impermanence around me.

Q2: How did you come to Sahaja Yoga?

A. Well something painfully heartbreaking happened. I lost my mother, my father and my husband all in the same half year!

After that, as you can imagine, I was completely broken, I really felt lost. Then someone told me about Indian philosophy, and it created an interest in me. I started reading the Bhagwad Gita, books on the life of Buddha, Indian Goddesses and the more I read, the more it interested me. I started seeking. I was also visiting many gurus and at last I had this feeling. I had all this inside me and I need not seek anymore.

After some time I came across a booklet called Sahaja Yoga and I asked my colleagues about this yoga.



Q3: What do you think Sahaja Yoga gave you? How did you establish yourself in it?

A. You know, love is so important, a motherly love, a **pure love for everyone**. We hear about it, but I actually *felt it*. I saw this amazing love when I met the Sahaja Yoga practitioners of Austria and I decided to know more about this. Then when I saw Shri Mataji Nirmala Devi (founder of Sahaja Yoga) for the first time, I had an unforgettable experience... I felt that she is God's love personified in human form. My heart just opened and was

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filled with this amazing feeling of joy and happiness like never before in my life.

Q4: What is the main difference between Sahaja Yoga and other yogas?

A. I saw many different kinds of yoga and the main differences between them and Sahaja Yoga are:

1. Sahaja Yoga is so simple that you need not to make any efforts! It is in you, the Kundalini is awakened with ease and Shri Mataji has shown us this in a simple way. Anyone and everyone can understand it.

2. The immense motherly love makes yoga so easy! She makes you so strong; you just get into meditation. I think this is what runs the world. The entire creation runs on the pure love of the Mother.

3. It changed my life so much, I lived comfortably in an ashram with around 20 people, I also saw that how we could live together with peace and enjoy the collective life.

4. I also got my inner balance. I was earlier very emotional and depressed. After meditation, I got strength. When you do meditation it is an automatic process that you change yourself, you know what you have to do, that what is good and what is not good for you.

I soon retired from work. I did not get any joy in the theater as the morality and purity in the West were going down. **When you do Sahaja Yoga, you know the value of your own self and the dignity of your self.**

It was a kind of purifying process but was also interesting is that innocent wishes got fulfilled in Sahaja Yoga. Many strong wishes get automatically fulfilled when you meditate.

I had also long ago wished to come to India. Then my daughter married in India. And see, now I am here, living in this huge ashram. It is a home for the destitute women and girl children.

These are pure wishes and they get fulfilled.

Q5. Leaving the comforts and materialism of the West you chose to come to India?

A. When I first came to India during a tour, I saw the poor people in India very much in pain. They were in a very bad state so I felt this immediate need to do something for them. I had some money coming from my retirement and pension and with this I went to India where my daughter Siddhi was studying in a Kuchipudi (classical Indian dance) Arts Academy. There I found an orphan home so I could help. Then, once I showed the pictures of orphans to Shri Mataji. Looking at these pictures She asked 'these are all Indians?' to which I said 'yes of course this is in Madras', and then She said ' We will do our own Sahaja Yoga orphanage'. Later She called me to come and look after the Nirmal Prem Ashram in Greater Noida. This home is really so beautiful and I feel I am contributing to this great cause to help the girls, and the destitute women.

Q6. How is Sahaja yoga accepted in the Western countries?

A. The transformation is amazing in the west. A lady told me that she was earlier in USA where



she once used to live under a bridge and had taken to heavy drugs. Later her father (A Sahaja Yoga practitioner) asked her also to take to Sahaja Yoga and they treated her with meditation; she is now a much better woman and has completely given up drugs.

One can see the change in people who are drug addicts, smokers and who drink so much, all the bad habits could completely vanish after just one month of meditation.

People are easily able to give up these things. They become moral, leave bad habits, and the change is tremendous. May be you cannot feel the same in an Indian but for foreigners the change is visible much more and it is really very much. I have been here for 11 years; in the beginning I could see that it was so different to the west. Of course the spirituality of India attracts us; I wanted to live in a spiritual country and I like the real Indian traditions, the Indian culture and the Indian art. I liked India so much, the women wear saris and suits; the tradition is so old and pure that it looked like a fairy land to me.

Sahaja Yoga also helps to preserve the rich heritage. It brings morality and without much effort one is able to achieve the higher state, there is no effort, you don't have to push yourself, it just happens spontaneously.

As Sahaja Yoga is being practiced in around 130 countries, one can see different cultures blending together in a beautiful way with good /rich qualities of all the cultures.

I have seen all the boundaries broken and how everyone treats each other as equal. I see how children, all from different backgrounds, enjoy themselves together.

*Further Gisela says:* These beautiful children are the flowers around me and I am enjoying my life where on many occasions I feel the presence of the divine and see how the divine helps us even in small little things, it is as if they are showering blessings from the heaven.

I had a big miraculous escape when I was saved from a bomb blast. I had gone to a market in Delhi for shopping but on reaching there I felt bad vibrations, my inner voice which has become so strong after meditating regularly said - NO, GO BACK NOW. I had just arrived for shopping but I turned back and went to the car immediately. Just as we left the market place we came to know that there was a bomb blast at the place where I was standing.

It is so amazing that all the time we are protected I now see and enjoy this life feeling protected by the divine.







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• [Thanks for the First Issue](#) by Rakesh Sharma - 25/06/2007 09:00:00

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◆ **Thanks for the First Issue by Rakesh Sharma - 25/06/2007 09:00:00 - You are *HERE!***

The following message (subject: Thanks for the First Issue) was posted by Rakesh Sharma, on 25/06/2007 09:00:00.

Thanks for the first issue of the 'Blossom Times'. Thanks a lot for the enlightening articles published in this magazine.

This is first time I came across such magazine.

Congratulations to the 'Blossom Times' team.

Regards  
Rakesh Sharma  
Mumbai

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#### • Sahaja Yoga has changed my life! by Rajesh Ravindran Nair - 07/11/2007 05:06:55 - You are **HERE!**

The following message (subject: Sahaja Yoga has changed my life!) was posted by Rajesh Ravindran Nair, on 07/11/2007 05:06:55.

I have been in active corporate life only for the last five years. Prior to that, I was managing my own business as an IT solutions company with about 60 Employees. I have experienced both ups and downs since I started my career, but my whole life changed after I came across Sahaja Yoga meditation founded by Shri Mataji Nirmala Devi.

As my business was not running successfully, I decided to join an Insurance company as a Sales Manger during September, 2002 though it was an entry level job. Being the CEO of a company with 60 employees, I had developed such a big ego and to satisfy my ego, I made detailed plans to get promotion every year.

I worked extremely hard and took my first promotion in 14 months, the second one in 12 months and then the third one in just six months. Though I had a good career growth within a short span of time, I was not happy, as I had to spend long hours at the workplace and neglect my family and personal life. Due to this, I got frustrated and became a short-tempered person. It was during this time that I was given an opportunity to start a new branch and during the recruitment process (in ING Vysya Insurance, Hyderabad), I came across a candidate, who was practising Sahaja Yoga for many years. During the course of discussion, he gave me a brief introduction about the wonderful world of Sahaja Yoga.

To be honest, I did not believe his statements and asked him if he could show me a proof.

The candidate asked me how strong was my desire to know about God. I told him that this desire is extremely strong as I have been searching truth since 1991.

I experienced my Self Realization in just 15 minutes and I could feel the cool breeze on both my palms.

I used to smoke 40 cigarettes a day, drink and party almost thrice a week. I was told that I need not have to put in any effort to leave any of these habits, but if I practice meditation with foot soaking everyday, all this would stop automatically. It really helped and I feel that I naturally do not want to smoke or drink now. It happened without any effort and it also improved my personal life. Today my wife also practises Sahaja Yoga and we have a wonderful time.

I am still getting promotions year after year but my efforts never make me so tiring and I am able to lead a balanced life. Today I handle more than eight branches around my area with more than 100 employees. I feel that the Kundalini Mother takes care of Her children and She ensures that they do not feel the effort that they put in. It is really a bliss to work with people who practise Sahaja Yoga in my office as I see a lot of positive energy flowing from them. Slowly, the negative elements either change to positive or just get out of the system without any effort.

I would like to share a lot more about Sahaja Yoga meditation, but the best thing is to experience it yourself.

Rajesh Ravindran Nair  
General Manager  
Met Life Insurance  
Hyderabad

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### Relief from Asthma by Kevin Meehan, Sahaja Yoga practitioner, Working as - 07/09/2007 00:31:54 - You are **HERE!**

The following message (subject: Relief from Asthma) was posted by Kevin Meehan, Sahaja Yoga practitioner, Working as, on 07/09/2007 00:31:54.

I have benefited from Sahaja Yoga meditation in many ways. In particular, I would like quote this one -

I had been an asthmatic since my early childhood. Anyone who suffers from asthma will know the desperate feeling of being breathless! It is such an illustration of how the parasympathetic system is far beyond our control. Since my childhood, I had been dependent on Salbutamol and other steroid-based preventers and deterrents.

On one fine day, I was blessed, when I visited a Health Shop in Dublin, Ireland - I found myself gazing at a poster of Shri Mataji and Sahaja Yoga with an invitation to come for a Sahaja Yoga Meditation at a nearby hall. Being an Irish Catholic, I attended the first meeting and received my Self-realization purely out of desire and curiosity.

During my third visit to the Sahaja Yoga Meditation center, I met a person from England, who has been practicing this meditation for quite sometime. He mentioned how Sahaja Yoga had helped him to overcome his own asthmatic symptoms.

I had heard of people having asthma in childhood recovering in their adulthood; at the same time, I've also heard of people like myself who suffer from asthma during their adulthood rarely recover. All I knew at that time was that asthma had some relationship with allergies and it could also be due to emotional problems.

As I met Shri Mataji for the first time at Cabella, Italy, I felt a huge relief in my heart and could feel the flow of joy. I am very pleased to say that from that time onwards, I have had complete relief from my asthma. I find that whenever I miss the meditation, I start struggling slightly with my intake of breath.

There is no question in my mind, that Sahaja Yoga is the complete remedy. I feel very sad when I see kids with inhalers!

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## Stay in the Present, Stay Balanced, says Nirmala Devi

The Times of India, March 13, 2000

MUMBAI: Many a head nodded in agreement as Nirmala Devi, spiritual leader and founder of Sahaja Yoga, said, "Don't be too harsh on yourself. Stop feeling guilty about what has happened. Forgive yourself and forgive others."

She was speaking to the officers of Indian Administrative Service on "Stress and Tension Management" at the Y.B. Chavan auditorium on Saturday afternoon.

She described the IAS and IPS officers as the "spine of the country" and said that they should not be under any kind of stress or strain.

For Mataji as she is popularly known, peace lies within an individual and it needs to be discovered. According to her, it is essential to go into the meditative state to reach that state. "And it is just the beginning of a transformation that takes us to a higher level of awareness," she said.

Nirmala Devi noted that people were not aware of the subtle system that works within every being. Explaining the concept of "kundalini awakening", she said that the kundalini was the energy that lay dormant in the sacrum (bone at the base of the spine). In a broader sense, kundalini awakening was the process of self-realisation, which helps a person overcome stress and heals the harried nervous system. She believes that self-realisation was a person's first encounter with reality.

According to the shastras also, she said, power resides within every human being. Sahaja Yoga uses this subtle inner instrument -- kundalini, to bring about a balance in the physical, mental, emotional and spiritual being.

"When the kundalini is awakened, it helps the person humble down. It also brings about self-realisation. The awakening itself is known as self-realisation," she said. She added that people needed to relax today, and that too was possible with this awakening.

In her book, "Stress Management through Sahaja Yoga", she has explained that the left sympathetic nervous system, represents the power of desire of an individual, while the right represents power of action. "And it is the left side that you can control," she said, adding that there should be a balance between the two.

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## Say 'No' to Drugs, Turn to Sahaja Yoga for Help

R Venkatesan, New Delhi

The reason why many turn to substance abuse is that they are unable to deal with life's problems. Or their expectations are unrealistic. Depression and anger, sadness and frustration are further fuelled by drug-dependency, alcoholism or both.

Daniel Goleman, in Emotional Intelligence says that it is the lack of application of intelligence to emotions that makes one lonely and depressed, angry, unruly, prone to worry, more impulsive and aggressive. A scientific assessment of the

emotional and spiritual mind has emerged more recently, trying to understand why we can be reasonable one moment and irrational the very next moment.

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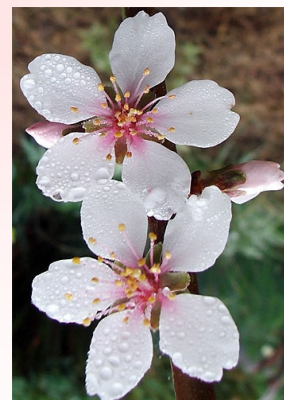
**H. H. Shri Mataji  
Nirmala Devi**

March 2007

Volume 1, Issue 1

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*An article by Dr. Sandeep Rai  
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## Stay in the Present, Stay balanced

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Sahaja Yoga aims at achieving holistic health care for people with meditation. Elaborating on the benefits of meditation, she said that a person could attain a peaceful state of mind and still stay alert. "One feels compassion for humanity and is able to let go of anger, hatred, fear, resentment and other negative traits that inhibit a person's growth," she said.

Nirmala Devi started the propagation of Sahaja Yoga in 1970 and today over 85 countries the world-over, have Sahaja Yoga centres. Having been associated with the freedom struggle, she said, that this technique of self-realisation also makes a person patriotic. "As those who practice it are above materialism and can sacrifice anything," she noted.

Commenting on the human tendency to brood over the past, she reiterated that to feel bad about the past was inconsequential. "If you feel bad, you torture yourself. Learn to stay in the present and stay balanced," she said.

# Sahaja Yoga for a Healthy Life

In spite of tremendous advance that Medical Science has made over past five decades, failure in adopting a holistic approach towards treatment of diseases has brought about serious limitations. Even though great success has been achieved in open-heart surgeries and kidney transplants, we have found no cure to some common psychosomatic diseases like Migraine, Asthma, Epilepsy or Cancer –which are in fact on the increase.

Many modern therapies are being practiced these days like acupuncture, biofeedback technique, hypnosis, quantum healing etc. However these methods are mostly non-specific in nature except 'Yoga', which deals with both physical and psychic aspects of human being and has gained tremendous momentum to become a world philosophy. However unfortunately it has been exploited by yoga organizations for money making process and this has given a big blow to the good name of 'Yoga'.

Jaeen Varenne in his book "Yoga and Hindu Tradition" has mentioned that in the west yoga has been misunderstood as a science of physical and breathing exercises only. It is really dishonest to reduce "Yoga" to some sort of physical training. The word "Yoga" is derived from Sanskrit word 'Yuj' meaning to 'Yoke' or to unite as 'one'. Yoga in real sense means union of primordial energy 'Kundalini' with the all-pervading cosmic energy.

The yoga sutra of Patanjali mentioned yoga as the most essential technique to build the body and mind for higher status of mental activity and consciousness. It is in this context that vibratory awareness developed by practice of Sahaja Yoga has been used to cure many psychosomatic diseases.

Originally described in Markandeya Purana ages ago, and rediscovered by Shri. Mataji Nirmala Devi, Sahaja-Yoga meditation teaches us to harness our own divine energy (Kundalini), which has to move up, and pass through six subtle energy centers (charkas), and comes out from the top of the head to unite with the cosmic energy.

During its course up, it clears the blockages in our energy centers and actualizes in the

limbic area of brain and helps one to achieve a higher state of consciousness to develop a sixth sense, of vibratory awareness. This vibratory awareness helps us to remain in balance and free from all diseases.

To verify some of the claims of Sahaja-Yoga a systemic research study was organized in the Physiology and Medicine Department of Lady Hardinge Medical College and Associated Hospitals under guidance of H.H. Shri. Mataji Nirmala Devi, by late Prof. Dr. U.C. Rai and his team in New Delhi.

The research projects studied were, (1) Physiological effects of Kundalini Awakening by Sahaja Yoga, on the human body. (2) Effects of Sahaja Yoga Practice on the patients of Psychosomatic diseases and (3) The role of Sahaja- Yoga in the Management of Epilepsy. The third research project was taken up jointly with Defense Institute of Physiology and Allied Sciences, New Delhi.

The doctoral thesis on all three research projects were duly approved by Delhi University. The data collected during the research studies and many more over the last ten years on Sahaja- Yoga in India by Prof. Dr Shobha Das, Lady Hardinge Medical College, New Delhi, Dr. Manocha from Australia and Aftanas and Golocheikine from Russia are of such far-reaching relevance, that they could revolutionize our understanding of human body and causation of diseases.

Moreover research work has clearly shown its values as an adjuvant therapy for the treatment of numerous diseases including Essential Hypertension, Bronchial, Asthma, Migraine and Epilepsy and stress disorders. Many patients with incurable diseases like Refractory Heart failure, Collagen diseases, Cancers, Alzheimer's and even some genetic and auto immune diseases have been tremendously benefited.

For the benefit of humanity H. H. Shri Mataji Nirmala Devi, a renowned spiritual scientist of the world, founded & opened an International Sahaja – Yoga Research & Health Centre at C.B.D., Belapur, Navi



Mumbai. Situated in the sylvan green environment, this Health Centre is unique in itself in the whole world because here no Medicines are used and by only 'Vibratory Awareness', developed by practice of Sahaja Yoga, many patients are getting cured of their ailments.



*International Sahaja Yoga  
Research and Health Centre  
Navi Mumbai*

## From the Editors Desk



Dear Readers,

It gives us immense pleasure to release the first issue of Blossom Times.

The Subtle Energy within all of us is really in full bloom this spring, paving a beautiful path towards a healthy & satisfied life and Stress free careers.

In this issue we bring to you, the key to a blissful and balanced lifestyle, by living in the 'Present' topped up with an insight into the Medical aspect of the Human System and how its health can be effectively maintained through regular Meditation.

We look forward to many more interactions with you in the coming months.

Do feel free to post your suggestions and feedback to:

[Editor@BlossomTimes.org](mailto:Editor@BlossomTimes.org)



### Say 'No' to Drugs, Turn to Sahaja Yoga for help

Contd. From Page 1

Goleman attributed it to two minds: one emotional and the other rational; one that feels and one that thinks.

The rational mind is prominent in analytical approach while the other one can be impulsive, powerful and at times illogical. He argues that emotional mind is far quicker than the rational mind making split-second decisions without analytical reflection of the consequences which can be bewildering to the analytically inclined rational mind.

Spiritual teachers like Buddha and Jesus touched their disciples' hearts by speaking the language of emotions. Why is improving the emotional quotient (EQ) or imbibing spiritual intelligence important?

Because it helps us deal with problems in a constructive manner, and deflects us getting addicted to harmful habits like substance abuse.

Family members could take an interest in improving the EQ and spiritual quotient (SQ) of their near and dear ones as an effective way to combat drug abuse. According to Zohar, SQ can be improved by Hinduism's Kundalini Yoga or explained in terms of the lotus model with its centre and six petals.

One way could be yoga and meditation for enhancing one's emotional intelligence and managing stress. To manage stress, we need to leverage intelligence without having to make drastic changes in lifestyle.

Not everyone can retreat to the Himalayas or engage in difficult Hatha Yoga. Sahaja Yoga, founded by Mataji Nirmala Devi, which helps achieve self-realisation in a simple and practical manner.

Sahaja Yoga is based on the principle that enlightenment and good health require proper balance between the seven major chakras. According to the Kundalini Chakra system, the dormant force within a person resides in the sacrum bone at the base of the spine.

Mataji Nirmala Devi sums up: "En masse inner transformation by self-realisation is the reality now. Sahaja Yoga is the spontaneous union of individual consciousness with the all-pervading power through the awakening of the residual power of the Kundalini. Just as an egg gets transformed into a bird or a seed into a plant, Sahaja Yoga helps transformation of a person to a higher awareness level.

The awakening of the inherent dormant energy can be accomplished in a practical and simple manner a Sahaja Yogi would facilitate this and the resulting state is both verifiable (in the central nervous system) and consistent..."



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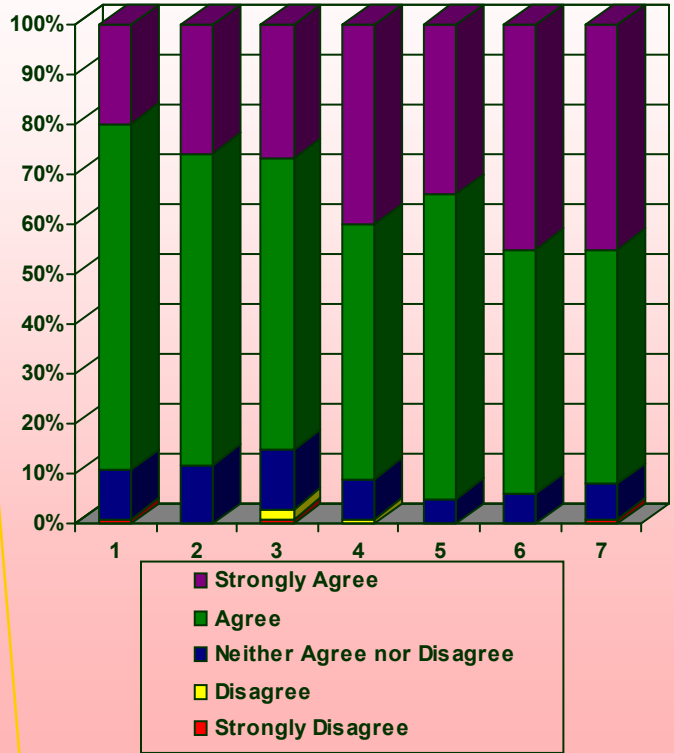
## Sahaja Yoga World Foundation

The Shri Mataji Nirmala Devi Sahaja Yoga World Foundation is built on the assumption that all human endeavour is motivated by the search for the Truth and that real progress can only be achieved when it becomes manifest in everything we do. Since 1970 the founder of the World Foundation, Shri Mataji Nirmala Devi has traveled the globe teaching people that the Truth lies within human beings and providing them with the means of experiencing this unique dimension of awareness for themselves. Today there is an ever growing body of people who have benefited from her message and are working towards new and innovative solutions to the ills of society.

To know more, log on to [www.sahajworldfoundation.org](http://www.sahajworldfoundation.org)

**Sample Size:**  
 Over 500  
 Corporate  
 Employees

## Feedback Summary - 3 Day Corporate Workshops



1. Did the workshop cater to your requirements
2. Has your understanding of meditation and Subtle system enhanced
3. Did you experience any Vibrations on your palms and top of your head
4. Did you feel relaxed after Meditation
5. Has the learning from the workshop been experimental & practical
6. Is the meditation technique easy to practice
7. Would you like to continue meditation at home

## Corporate Meditation, A Reality

The Corporate sector today is one of the biggest boosters of the World economy. However as a by-product many of their employees carry a huge stress factor in their lives.

We all know stress when we see it (or feel it), yet it's hard to define. Society pushes us to attain wealth, power, and success along with a great personal and family life – This is probably the biggest stressful dilemma today. People are trying to pursue all of the material goods and all of the personal strivings and increasingly losing control over their own life!

The way out is however much simpler than the definition of stress itself – Sahaja Yoga Meditation! A number of Sahaja Yoga workshops have been organized at various corporate campuses across the

world. To mention a few: Infosys, Oracle, IBM, Value Labs, Aztec, ICICI Bank, Dr. Reddy's Labs, NTPC, NGRI etc.

These workshops have been specifically designed as a comprehensive Stress Management program, spread over 3 days.

On the 1<sup>st</sup> day, there is a discussion on the Subtle System and how Stress affects the human body and how Sahaja Yoga Meditation can be effectively used to manage stress in our daily lives. This is followed by a Self Realization session.

On the 2<sup>nd</sup> day there is a discussion on 'Regular Meditation at home' and the participants are taught the simple 3-step process of raising Kundalini, taking a Bandhan and Balancing.

On the 3<sup>rd</sup> and the final day there is a practical session on 'Guided Meditation at each of the seven energy centres'.

For more details, please contact:  
[Workshops@sahajayoga.org.in](mailto:Workshops@sahajayoga.org.in)



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